

NERVOUS DISEASES IN THE SPRING

Can Only be Removed by Toning
Up the Blood and Strength-
ening the Nerves.

Nervous diseases become more common and more serious in the spring than at any other time of the year. This is the opinion of the best medical authorities after long observation. Vital changes in the system after long winter months may cause much more than "spring weakness," and the familiar weariness and aching. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and various forms of nervous disturbances are at their worst, especially among those who have not reached middle age.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening—purgatives make you weaker. Dr. Williams' Pink Pills have a special action on the blood and nerves, for they give strength and have cured not only many forms of nervous disorders, but also other spring troubles such as headaches, weakness in the limbs, loss of appetite, trembling of the hands, melancholy and mental and bodily weariness as well as unsightly pimples and skin troubles.

Dr. Williams' Pink Pills cure these nervous disorders and spring ailments because they actually make new, rich, red blood. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THIN AIR AS A MEDICINE.

Cabinet Administers Artificial Dose
of Mountain Atmosphere.

The doctors are supplying people with so many imitations that it isn't so very surprising to have them offer us a substitute for mountain air. They have a pneumatic cabinet in which they can supply the air pressure of any given altitude. Some physicians use this cabinet with—so they say—good results.

The patient gets inhalations of rarefied air to suit his case and capacity. A reduction in the atmospheric pressure of about half a pound to the square inch is said to be sufficient for most purposes. The seances are given every day, and gradually increased in length from two minutes to six or eight minutes.

Rarefied air as found at great heights induces a condition known as mountain sickness or balloon sickness, and consists of increased heart action, more rapid respiration, headache, followed by graver symptoms as the rarefaction increases, and ending in death.

There are frequently minute hemorrhages into the spinal cord as the result of inspiring rarefied air, says the Dietetic and Hygienic Gazette. The insufficient supply of oxygen in the rarefied air is perhaps the principal cause of the symptoms manifested. More or less prolonged residence in a rarefied atmosphere may be associated with an increase in the number of red blood cells.

BABY'S OWN TABLETS KEEP CHILDREN WELL

In thousands of homes throughout Canada there are bright thriving children who have been made well and are kept well by the use of Baby's Own Tablets. This medicine cures all stomach and bowel troubles, makes teething easy, and destroys worms. It is guaranteed absolutely safe and free from poisonous opiates. Mrs. John Laplante, Bon-Council, Que., says:—"I consider Baby's Own Tablets worth their weight in gold and advise all mothers of young children to keep them always on hand." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SAVAGES WANT HATS.

The inhabitants of the Nicobar Islands, a group in the Indian Ocean, have an extraordinary fancy for old hats, and a regular trade in such castoff headgear is carried on between Calcutta and Nicobar, the much-desired headpieces being paid for in coconuts. A tall chimney-pot is the favorite among the Nicobarians, and the acme of fashion is considered to be a high white hat with a black band. This is worth from fifty to sixty coconuts.

THE S. S. LESSON

INTERNATIONAL LESSON,
MAY 8.

Lesson VI. Temperance Lesson,
Prov. 23. 29-35. Golden Text,
Prov. 23. 32.

Verse 29. Woe—A way of translating the Hebrew exclamation, "Oh!"

Sorrow—A way of translating the Hebrew exclamation, "Alas!" A paraphrase of these two questions would be, "Who are the people that must cry aloud, Oh! and Alas!?" They are outcries of bitterness of spirit, pain, and remorse. So long as men indulge in silly contentions over the winecup, and, in their angry wranglings, inflict wounds without cause, there will be these sad outcries of distress.

30. Mixed wine—Wine to which spices have been added to make it hotter and to enrich its flavor. This is the drink which Isaiah says (5. 22; unbalances the mind.

31. Three qualities of wine which enhance its peculiar charm—the richness of its color, its liveliness, and its delicate flavor. In the Old Testament there are nine names for wine, but they are all practically the same, and stand for a beverage which, if drunk to excess, will result in intoxication.

32. However smoothly the wine may go down, there is at last a sting and a bite in it, which reminds us of mankind's old foe, the serpent. The particular species of adder and serpent cannot be determined from the Hebrew words used.

33. The effect of wine upon the imagination, distorting natural objects into fantastic shapes, and destroying regard for the truth. Among the physical and mental effects of intoxicants mentioned in the Old Testament are dizziness, stupidity, vomiting, incoherent speech, abnormal exuberance of spirits, loss of judgment, contentiousness, shamelessness. All this agrees well with the scientific fact that drink is at the bottom of a vast amount of insanity, disease, and crime, as well as pauperism and racial degeneration. One difference between the drink problem of the olden time and now is that then it was confined almost entirely to the wealthier classes, owing to the great cost of intoxicating liquors. Nowadays it is easy for the poorest to procure enough to dethrone the reason. In a recent discussion in England it was said that "when wealthy people feel run down, they take a trip to the South of France. Sixpennyworth of gin is a working man's mistaken way of going to the South of France."

34. In the midst of the sea—Like one rolling in a fit of sickness in the middle of the ocean.

That lieth upon the top of a mast—A vivid picture of the peril and unsteadiness of the man whose mind is under the dominion of strong drink.

35. I felt it not—After a man has deadened his nerves with excessive guzzling he becomes insensible even to hard blows.

I will seek it again—An insatiable thirst for more is one of the commonest marks of the confirmed carouser.

PEERS AS WORKING MEN.

British Noblemen Have Done all
Sorts of Menial Labor.

The Earl of Hardwicke, who has been recounting his experiences as a worker in mines, from Tasmania to Montana and Alaska, "working for trade-union wages at rock-drilling for ten hours a day," might have found a sympathetic companion in no less a fellow-peer than the late Marquess of Salisbury, who in his young days toiled from sunset to sundown, digging for gold at Ballarat, living in a wooden shanty and boiling his own "billy."

But there have been scores of British noblemen who have known what it is to work—and work hard too—with their hands for the bread they ate.

Few men of any class have had a more varied experience of "roughing it" than the present Baron Lyveden. As Courtenay Vernon, before he came to his title he turned his hands to a score of different forms of menial labor. He took the Queen's shilling as a private soldier, was a strolling actor, answered the "Steward!" on half-a-dozen ships, worked before the mast, dug for gold, grew vegetables for sale—in fact, it is almost easier to say what he did not do than what he did to earn his bread.

GIVEN UP BY HIS PHYSICIAN "FRUIT-A-TIVES", THE FAMOUS FRUIT MEDICINE, SAVED HIS LIFE.



JAMES DINGWALL, Esq.

Williamstown, Ont., July 27th, 1908. "I suffered all my life from Chronic Constipation and no doctor, or remedy, I ever tried helped me. 'Fruit-a-tives' promptly cured me. Also, last spring I had a bad attack of BLADDER and KIDNEY TROUBLE and the doctor gave me up but 'Fruit-a-tives' saved my life. I am now over eighty years of age and I strongly recommend 'Fruit-a-tives' for Constipation and Kidney Trouble."

(Signed) JAMES DINGWALL.

50c a box, 6 for \$2.50—or trial box, 25c—at dealers or from Fruit-a-tives Limited, Ottawa.

WAR FOR SAKE OF PEACE

GERMANY MUST BE OVER-
COME BY FORCE.

British Officer Tells How Britain
Can Maintain Her
Supremacy.

Sir Edmund Cox, a British officer in the Indian service, has outlined in a recent magazine article a drastic plan by which to put an end to the German naval menace.

If Germany will not stop her naval expansion at once, he says in effect, Britain must save the nations from the curse of over-armament by sinking an once every ship that flies the German flag.

This is the policy, Sir Edmund Cox says, "which a Cromwell, a Pitt, a Palmerston, a Disraeli, would have adopted long ago."

REDUCTION FUTILE.

"The Hague Conference showed the futility of all attempts at joint reduction of armaments. Germany was ready enough to agree to a reduction of English armaments, but she took the opportunity of accelerating her own programme.

"Is there no other alternative to this endless, yet futile, competition in ship-building?"

"Yes, there is. This is that alternative—the only possible one. It is to say to Germany: 'All that you have been doing constitutes a series of unfriendly acts. Your fair words go for nothing. Once for all you must put an end to your warlike preparations. If we are not satisfied that you do so, we shall forthwith sink every battleship and cruiser that you possess.'

"The situation that you have created is intolerable. If you are determined to fight us, if you insist upon war, war you shall have; but the time shall be of our choosing and not of yours, and that time shall be now."

UNION OF POWERS.

"Not a shot need be fired. The whole of Europe, with the exception of Austria, would gladly support England in an ultimatum demanding the instant cessation of this universal danger.

"The other powers have no wish to see Europe under the heel of a German Napoleon.

"The late German historian, Professor von Treitschke, said: 'We have settled our accounts with Austria-Hungary, with France, and with Russia. The last settlement, the settlement with England, will probably be the lengthiest and most difficult.'

"I insist that the position is intolerable. And the humor of it, the grim irony of it, is that by our effete fiscal system we are largely helping Germany to pay for her navy."

CURED HIS LAME BACK.

West Fort William, Nov. 7th, 1908. "I have been troubled with a Lame Back for the past twenty years and have used plasters and ointments without effect. At last I tried Gin Pills, which proved just the thing, and I would highly recommend them to anyone who has a Strained or Lame Back.

H. HARKNESS.

Gin Pills act directly on the Kidneys—relieve the pain—neutralize Uric Acid which is generally formed when there is Kidney Trouble.

Try Gin Pills yourself before buying the regular 50c. boxes. Write National Drug & Chemical Co., (Dept. W.L.), Toronto, for free sample.

IN A NEW COUNTRY.

What a Traveller Saw on the Sas-
katchewan River.

A short time ago the corner-stone was laid of a magnificent provincial legislative building at Regina, capital of Saskatchewan. The rapid settlement and development of the country has been remarkable. That the region is not, as yet, overpopulated, but still offers room for the would-be settler, is shown by two incidents, quoted from an article by Agnes C. Laut in Scribner's Magazine. The author travelled fifteen hundred miles down the Saskatchewan River, mostly by canoe.

At Cedar Lake we found one white family.

"Isn't it lonely and dangerous for your little family, so far from a doctor?" I asked.

"Oh, yes," he answered. "It is lonely, but not dangerous in case of illness. Why, last winter, when my little boy was ill, I had to take the dog-train only fifty-five miles for a doctor."

Paddling up to Cedar Lake post, the ducks flew so low overhead that we could have hit them with the paddle, and the old ganders did not bother to honk a "get-up" when we came on big flocks bobbing and wading among the reeds.

Suddenly all of us gasped and dropped our paddles.

"What on earth is that?" asked some one.

I have heard old-timers tell stories and have lived many years in the West, but I never heard of anything equal to what I now saw with my own eyes. It seemed like the dream of delirium tremens of some old hunter.

I thought it was a shallow of small drift until the sticks began to move.

"There are millions! there are millions!" exclaimed Sexsmith. "I've lived twenty years in this country, and I've never seen anything like that!"

We drifted close to the reeds and looked. Then some one hit the water with a paddle, and the whole surface lifted, a live mass of wild fowl, ganders, honking in confused circles, white duck, black duck, young teal, old mallards—the air was aquiver with a whistling of wings—the creatures did not know enough to be afraid.

It would not have been sport, it



HIGHER VALUES

Consider the higher real estate value of well painted buildings, compared with unpainted ones.

Don't postpone painting—every day does its damage and piles up costs for repairs.

Martin-Senour

Paint

100% Pure

is the cheapest. Absolutely pure and undiluted, it wears best, looks better and goes further, gallon for gallon, than any other paint at any price.

If undecided which paint to use, write us today for the name of our dealer nearest you—ask him about the written guarantee that backs every claim we make for our paint—a guarantee that actually protects you.

Don't experiment when certainty costs but a few cents more. There's a Martin-Senour Paint for every purpose—for house, barn, windmill, pumps, waggon, carriage, cultivator and plow—paint for wood and paint for iron—the best that skill and money can produce.

If your dealer cannot supply you, notify us and we will gladly direct you to where our paints are to be had.


Decline All Substitutes

Write for illustrated booklet "Home Beautiful," and interesting color card. Free for the asking.

The Martin-Senour Co.
LIMITED
Montreal
Pioneers Pure Paint

would have been slaughter to hunt them there. You could have waded out and caught them in your hands. Our wanderings had brought us into a secluded and primeval haunt of wild fowl.

Women are supposed to be the slaves of fashion, but it's a mistake. Men are the real slaves, inasmuch as they have to pay the freight.



**BOOST YOUR TOWN BY ORGANIZING A
BRASS BAND**

Information on this subject with printed instructions for amateur bands and a printed form of Constitution and By-Laws for bands, together with our big catalogue, will be mailed FREE on request. Address Dept. 2 D.

WINNIPEG | THE WILLIAMS & SONS CO. | TORONTO
MANITOBA | B.S. | LIMITED | ONTARIO

MAPLEINE

A flavoring used the same as lemon or vanilla. By dissolving granulated sugar in water and adding Mapleine, a delicious syrup is made and a syrup better than maple. Mapleine is sold by grocers. If not send 50c for 2 oz. bottle and recipe book. Crescent Mfg. Co., Seattle, Wa.

Is This Yours?

Is what yours? Is this house that needs painting yours? Be good to it! It is your home! Nothing is too good for it. Make it beautiful. How? Use

**RAMSAY'S
PAINTS**

Don't hesitate, they are fully guaranteed. No other paints possess those sterling qualities for beauty, durability and covering power so well known for over seventy years as Ramsay's Paints. Everybody use them. Write and ask us for our beautiful booklet "W" on house painting. We mail it free. It will help you.

A. RAMSAY & SON CO.,
Established 1842.
The Paint Makers. - Montreal.



FAIRBANKS - MORSE

Gasoline Engines

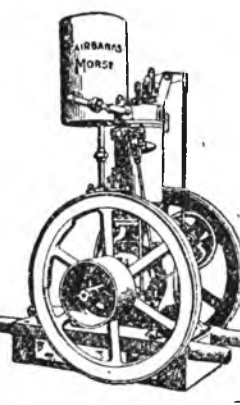
SIZES 2, 3, 4, 6 H.P.

SPECIALLY DESIGNED FOR GENERAL FARM WORK.

They are so simple that the average farm hand can run them, and are practically Fool Proof and Frost Proof. Send to-day for catalogue G.E.-102, W.P. CO., showing full line of engines for farm use. It means money saved for you.

TERMS—Special Terms to Farmers.

The CANADIAN FAIRBANKS COMPANY, Limited, MONTREAL
Branches—Toronto, St. John, N.B., Winnipeg, Calgary, Vancouver



NAME _____ ADDRESS _____